


My Wellness Action Plan

My Un-Wellness Triggers:

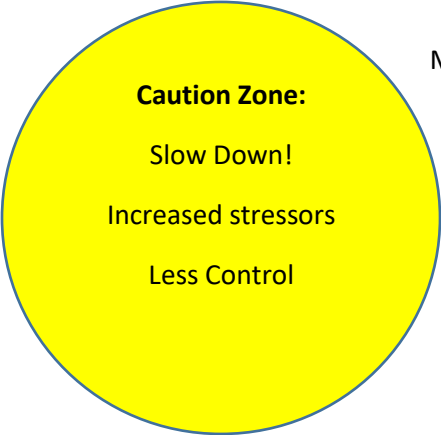
My Green Zone symptoms:



Go Zone:
Smooth Sailing
Calm
Control

My Green Zone healthy habits:


My Yellow Zone symptoms:



Caution Zone:
Slow Down!
Increased stressors
Less Control

My Yellow Zone healthy habits:

My Red Zone symptoms:



Danger Zone:
Get Help!
Many stressors,
chaos
Minimal Control

My Red Zone healthy habits:

Reflection Sheet:

Think of a time where you felt like you were at your peak of wellness. What were your healthy habits during that time?

What are your healthy habits or routines that currently keep you well?

What factors or times impact your ability to complete your healthy habits or routines?

(ex: winter census, service weeks, administrative responsibilities, childcare challenges, etc)